Word Search

S	A	U	C	E	R
N	F	U	J	I	E
A	P	P	L	E	D
C	B	I	E	A	S
K	F	M	E	T	E
G	R	A	N	N	E
B	O	X	R	P	D
T	R	E	E	M	S

WORDS: SNACK, FUJI, RED, APPLE, PIE, EAT, SEEDS, FARM, BOX, TREE, SAUCE

Fill In the Blanks

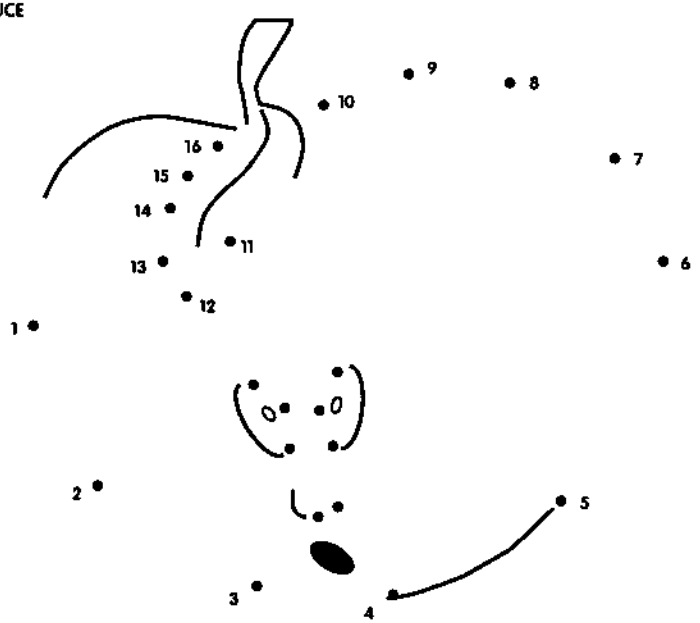
S n __ c k

F r __ __ t

A __ __ l e

__ r e e

Connect the Dots



Local Virginia Apples

Great Taste That's Always In Season

Virginia Apple Growers Association
804/371-6104 • Fax: 804/371-7786 • www.virginiaapples.org

Virginia Apples are great snacks for growing Virginia kids.

Nutrition Facts

Serving Size 1 medium apple (154g / 5.5 oz.)

Amount per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 170mg 5%

Total Carbohydrate 22g 7%

Dietary Fiber 5g 20%

Sugars 16g

Protein 0g

Vitamin A 2% • Vitamin C 8%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4